

gym programme

Knighton Sports Centre

Accurate as of 29/04/2024

Times for Sunday 26 September			
Time	Session	Facility	Level
9:00 am - 10:00 am	Open Gym	gym	
10:00 am - 11:00 am	Open Gym	gym	
11:00 am - 12:30 pm	Open Gym	gym	